

MALNUTRITION MATTERS

What Home Health Staff Can Do

Satellite Conference and Live Webcast

Thursday, August 28, 2008 • 2:00-4:00 p.m. (Central Time)

3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

Proper nutrition, a balanced diet and regular exercise are all key elements to leading a healthy lifestyle. But as people get older eating habits tend to change. For the elderly population sometimes those eating habits change so much it leads to malnutrition. In fact, one finding estimates between 5% and 44% of homebound patients are malnourished.

Medical studies state malnutrition is a common, potentially serious and often under-diagnosed condition among elderly individuals. The problem often arises because a patient has simply lost the motivation to eat. Social factors like poverty, loneliness, social isolation and depression, as well as physical factors like poor fitting dentures, age related changes in taste and smell, certain medical conditions and prescription drug use can all contribute to decreased food intake.

If left untreated, malnutrition can lead to irreversible organ damage and even death. That's why many health officials say early detection and aggressive intervention is crucial in attempting to reverse malnutrition effects in the elderly.

Program faculty will help you better understand nutrition trends and diet and exercise needs in the elderly population. Find out which foods lead to dietary deficiencies and which foods are best for nourishment. We'll even give you a couple of healthy recipes to try for your clients and show you how to make them. Physical activity plays a key role in motivating people to eat, so we'll also demonstrate some simple exercises to hopefully get your clients moving more.

Remember – between 5% and 44% of homebound patients are malnourished – help keep your client from falling into that figure.

Faculty:

Miriam Gaines, MACT, RD, LD
Nutrition & Physical Activity Director
Alabama Department of Public Health

Linda Jennings, MS, RD, LD
Public Health Nutritionist
Alabama Department of Public Health

Program Objectives:

1. List three common disease states in the aging population that have a direct relationship to nutrition and physical activity.
2. List two psychological changes of aging that interact with the disease processes to place the elderly at increased risk for malnutrition.
3. List common characteristics in the diet recommendations for the common disease states.
4. List benefits of physical activity specific to the elderly population.

Satellite Conference and Webcast Details:

Target Audience: Home health aides, home attendants and other professionals and family workers who administer and care for patients in the home setting.

Registration: www.adph.org/alphnt

Cost: There is no cost to view.

CEUs Approved: None

Satellite Technical Information: Ku & C bands.

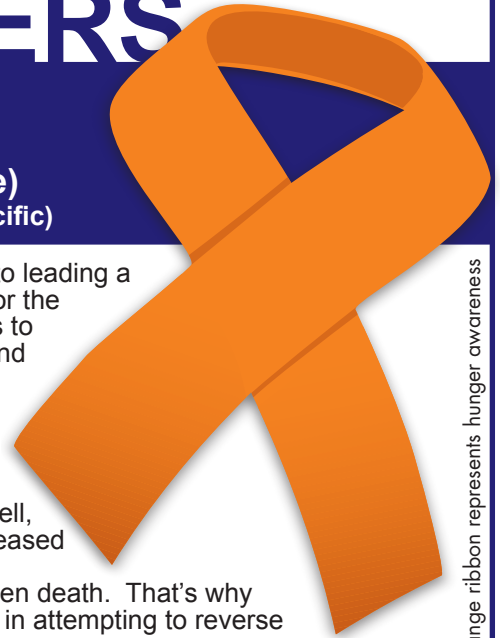
Webcast Information: Register at www.adph.org/alphnt. To view the webcast, you need RealPlayer or Windows Media Player. Test your computer before the day of the program from the "test connection" link at www.adph.org/alphnt. On the day of the program, go to www.adph.org/alphnt. Click on the "view webcast" link.

Conference Materials: Posted on our website approximately one week before the program.

Questions For Faculty: If you have questions that you want addressed during the conference, you may fax or email those questions and a response will be given during the program.

Email: alphntquestions@adph.state.al.us or fax: 334.206.5640.

Conference Detail Questions: If you have questions about any of these conference details, call 334.206.5618 or email: alphnt@adph.state.al.us



* orange ribbon represents hunger awareness